zest FITNESS

LUXLINE

Strength equipment

SERVICE AND MAINTAINENCE MANUAL

MAY 2011

To ensure that your Zest equipment provides the user a safe and optimal functionality and is kept in pristine condition, it is vital to establish a "Daily quick function & maintenance inspection in 11 steps".

This inspection is quick and easy to follow:

	DAILY QUICK FUNCTION & MAINTENANCE CHECK where applicable	See page
1	Inspect for loose nuts and bolts - tighten as required	3
2	Check the ease of functioning of the pull-pin or other methods of adjusting distances or angle positions.	3
3	Check alignment of the weight plates by inserting the weight stack pin in random positions.	3
4	Check the operating smoothness of the weight-stack by lifting the stack a few times to its highest position.	3
5	Check the free movement before the weight-stack is lifted if more then 15mm cable tension should be adjusted.	4
6	Inspect the cable for kinks, damaged or worn outer sheath and exposed cable wire (including all connection points). **With any visual damage replace cable immediately.**	4
7	Check the upholstery for dirt, rips and tears - clean at least twice a day.	5
8	Inspect handgrips for wear and tear - replace as necessary.	5
9	Check the bushes for wear or excess friction by performing the exercise	5
10	Ensure the readability of all instruction cards and warning labels, replace if necessary.	6
11	Inspect the overall cleanliness of the unit, check also for scratches and corrosion.	6
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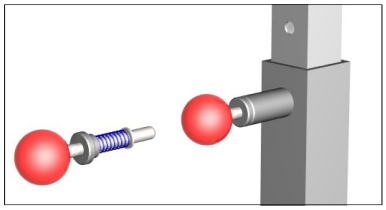
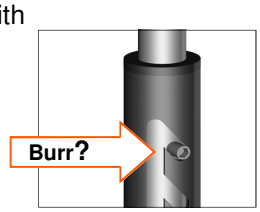
1 Inspect for loose nuts and bolts - tighten as required

Bolts and nuts are secured with a spring washer, it is however essential (from a safety point of view) to ensure all bolts and nuts are tightened.

2 Check the ease of functioning of the pull-pin or other methods of adjusting



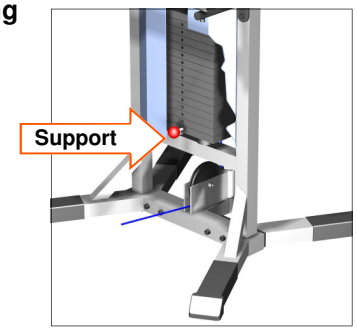
PULL-PIN ADJUSTMENT:
The spring loaded pin should click in any location hole without force.
In failing to do so, unscrew the knurled cap, replace pin if bent. Replace spring if damaged then lightly grease the entire pin before returning into the housing. Should the up or down movement be difficult remove any burr which may have been formed around the location holes with a smooth file.



PULL-TWIST ADJUSTMENT
If force is required to twist and lock this adjustment in a different position, a burr may have been formed on the slot groove. Remove the stud and lift the shaft out of its casing, the burr can now easily filed away with a smooth file.

3 Check alignment of the weight plates by inserting the weight stack pin in random positions

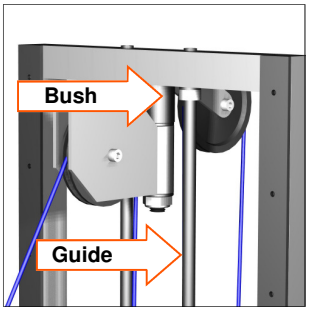
The alignment might be out if the unit has recently been moved and/or is not level. Check and level the weight-stack support by placing spacers under the legs. Once level, insert the selector pin in the lowest plate, lift the whole stack and drop +/- 100mm



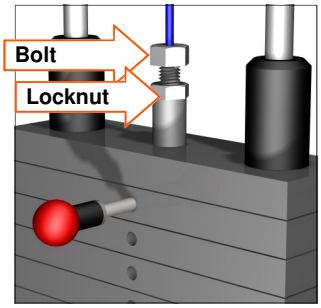
4 Check the operating smoothness of the weight-stack by lifting the weight a few times to its highest position

If any shuddering occurs wipe the guide rods clean over their entire length and then lubricate with a light coat of medium weight automotive engine oil

It is also important to check **that there is lateral movement** of the guide bars, if tight then lower the two bushes slightly until the grommets above the bush and the guide bars are able to move freely.

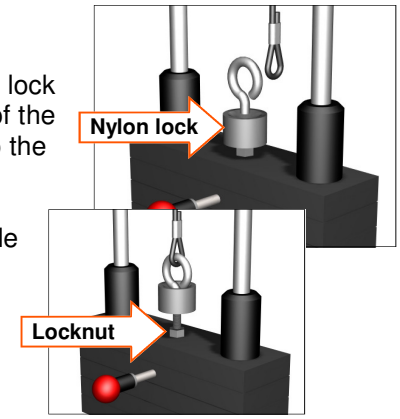


5 Check the cable slack before the weight-stack is lifted, if more then 15mm, cable should be adjusted



Cable Bolt adjustment.
Fine adjustment can then be done by turning the cable bolt on the weight-stack down to reduce the free movement.
If the bolt cannot be turned down enough, turn the bolt up until 15mm thread is visible.
Adjust the cable now on the other end by undoing the two grub screws on the cam then slide the cable further through the bush to reduce the free movement and, re-tighten.
If necessary do a final adjustment by turning the bolt on the weight-stack down.

Cable Eye adjustment.
To reduce the cable slack, first turn down the nylon lock and un-hook the cable, loosen the lock nut on top of the weight stack and turn the eye bolt further down into the weight-stack, hook the cable back in the eye
bolt and check if the free movement is <15mm,
If correct tighten the locknut and turn the nylon cable lock back against the eye bolt.



Note: Replace cable when the other end has a crimped on Thimble

6 Inspect the cable for kinks, damaged or worn outer sheath and exposed cable wire. With any visual damage replace cable immediately

Each new LUXLINE unit is supplied with an extra cable which can easily replace the worn or damaged cable. However, since we strive to improve our hand built units, the cable length may vary from unit to unit. Therefore, it is strongly advised to re-order a new cable immediately by sending the worn cable with the unit's serial number to us. This way the unit's "out of order" is minimised.

For the older units (without the extra cable) it is advisable to order two cables one to replace the old and one as a future spare.
Please complete the annex **"Cable Specification form"** and send this to us immediately.

7 Check the upholstery for dirt, rips and tears - Clean at least twice a day.

To keep the upholstery clean, free from perspiration, body oils and salts is not that simple. The success formula is using our specially developed **ZEST surface cleaner** on the upholstery right from the beginning and once cleaned a **ZEST sheen** is applied to create a barrier between the body fluids and the vinyl.

ZEST surface cleaner
This cleaner has been designed for surfaces containing grease, oils and stubborn dirt. Zest Surface Cleaner is a detergent and solvent based all-in-one and complies well above all SABS 1344 requirements.

Cleaning (warm water):
HEAVY duty dilute 1:10
MEDIUM duty dilute 1:50
LIGHT duty dilute 1: 200
Wipe down soiled upholstery with a soft damp cloth. Follow up by wiping away any residual cleaning solution with a well rinsed clean cloth.

Protection:
To further restore its lustre and create a barrier between the body fluids and the vinyl apply a light coat of **ZEST sheen** on a clean damp cloth.

Do not use! Alcohol, acetone or organic solvents for cleaning

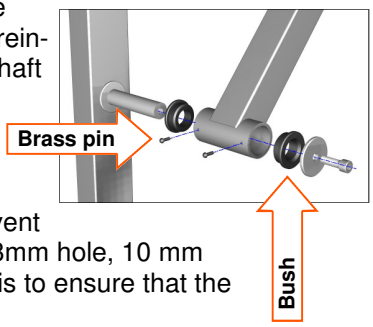
Replacement:
Should the upholstery and/or pads require replacement, kindly complete the annex "**Upholstery Specification form**" and send this with your order to us.

8 Inspect handgrips for wear or damage and replace as necessary

When replacing hand-grips, check the length and cut the new hand grip with a hobby knife according to size, before sliding them back on. Ensure the handle bar is clean and free of any lubricant

9 Check the bushes for wear or excess friction by actually doing an exercise

If any rotating bushes are tight or squeaking, lubricate with a drop of light engine oil. In a rare event a glass reinforced nylon bush can be replaced by removing the shaft and the brass lock pin from the bush housing before the bush is pulled out. When the bush has been replaced re-drill the pin hole **2.8mm** and replace the brass pin.



Older models may not have a brass lock pin in this event we advice to knock in a brass lock pin by drilling a 2.8mm hole, 10 mm from housing's edge into the housing and bush. This is to ensure that the new bush will not rotate in it's housing.

See also the general overview of the typical LUXLINE units (page 7 and 8).

10 Ensure the readability of all Instruction cards and warning labels, replace as necessary

From a safety, **user responsibility** and instruction point of view the instruction card and Warning label must always be readable - the information for usage is vital for the exercise and illustrates how the unit should be operated.

11 Inspect the overall cleanliness of the unit, check also for scratches and corrosion

Perspiration salts are highly corrosive and will leach into any microscopic opening in even the most impenetrable paint finishes.

Addressing any signs of paint damage or corrosion when and if they first appear will greatly increase the longevity of your equipment and enhance the overall appearance.

Equipment should always be dry and cleaned at least once a week.

As with the upholstery here again the success formula is using our specially developed **ZEST surface cleaner** on all painted surfaces right from the beginning and once cleaned a **ZEST wax emulsion** is applied, this creates a thin layer of durable wax on the surface to protect it against perspiration salts and make the removal of skiff marks easier.

Cleaning (warm water):

HEAVY duty dilute	1:10
MEDIUM duty	1:50
LIGHT duty	1: 200

Wipe down the painted surface with a soft damp cloth until the surface is clean, follow up by wiping away any residual cleaning solution with a well rinsed damp clean cloth.

Protection:

To further protect the now cleaned surface and maintain its lustre a light coat of a 1:10 solution of **ZEST wax emulsion** must be applied on a damp cloth followed with light rub using micro fibre or towelling.

Do not use! Alcohol, acetone, organic solvents or scouring pads for cleaning

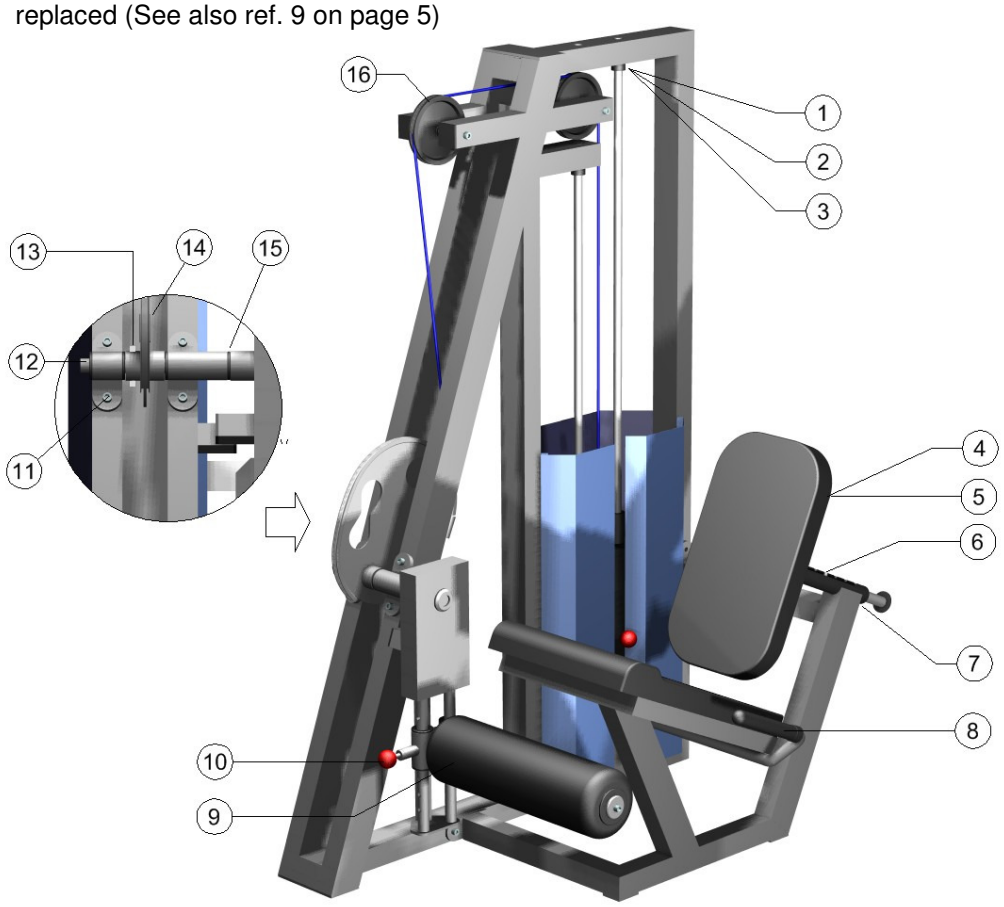
Touch up paint is available for any sign of corrosion or to cover any deeper scratches contact Zest Service to order.

As a side note - Exposure to extensive water vapour, chlorine and/or bromide can adversely affect the finish of the units.

12 Schematic overview indicating the replaceable parts of a LUXLINE Z2316

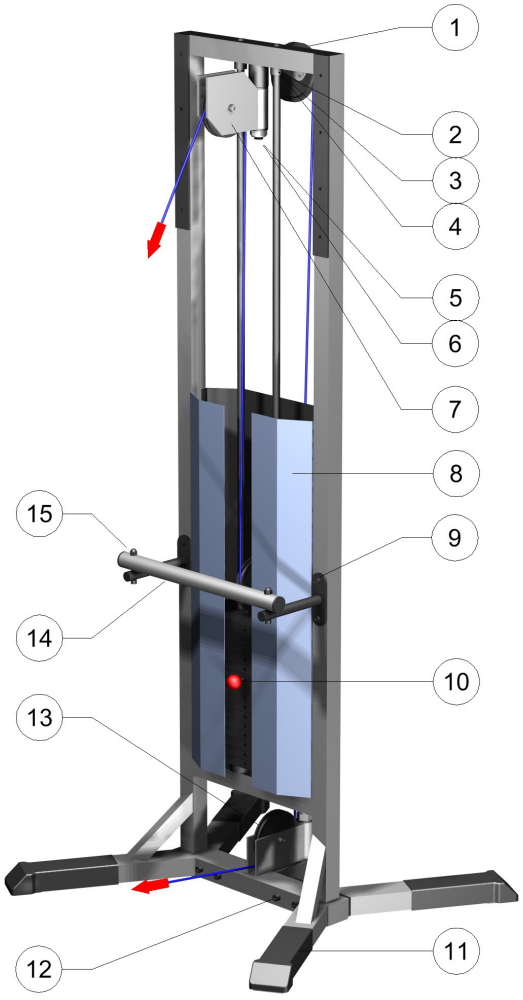
Item	Description	Ref no.	Item	Description	Ref no.
1	Grommet 18 I/D		11	M10 S/Steel Dome nut	
2	Collar S/Steel 32/20 x 15		12	Collar S/Steel 36/25 x 15	
3	M8 x 8 mm Grub screw		13	Tapered steel pin (on cam)	
4	M8 x 25 Allen cap screw		14	M10x10 Grub screw (on cam)	
5	M8 Flat washer		15	Nylon bush 49/25/25 x 17.5	
6	M10 Stud (lift & twist adjuster)		16	Pulley assembly	
7	Nylon bush 42/35/25 x 22.5				
8	PVC handgrips				
9	Roller pad 150 dia x 500				
10	Pull-pin (replacement kit)				

Note:
To replace the nylon bushes (15) firstly remove the tapered pin (13) by carefully tapping with a hammer the thin end to loosen it, then remove the collar (12) and pull-out the shaft. The bushes can now be replaced (See also ref. 9 on page 5)



12 Schematic overview indicating the replaceable parts of a LUXLINE Z2205

Item	Description	Ref no.	Item	Description	Ref no.
1	Pulley assembly		11	Feet covers	
2	Grommet 18 I/D		12	M10x100 Allen cap + Dome nut	
3	Collar S/Steel 32/20 x 25		13	Swivel pulley (bottom)	
4	M8 x 8 mm Grub screw		14	Handrail	
5	M24 Lock nut		15		
6	Nylon bush 42/35/25 x 22.5				
7	Swivel pulley (top)				
8	Cage panels (set)				
9	M10 x 65 Allen cap + Dome nut				
10	Weight selector pin				



WARRANTY

- The basic framework of our new LUXLINE equipment carries a warranty against breakage for a period of 10 (ten) years.
- Dumbbells / EZ Bars and loose Weight plates are warranted against breakage for a period of 1 (one) year.
- All non-frame fixtures and moving parts are warranted against defective workmanship and/or materials for a period of 1 (one) year.
- Parts subject to normal wear and tear are not included in the warranty. These include plastic coated cables, handgrips and other rubber items, nylon bushes, bearings, foot covers, pin cords and upholstery.
- The powder coating is warranted for a period of 3 (three) years. Damaged and the consequential corrosion thereof caused by scraping, chipping and abrasive cleaning is not covered by the warranty.
- Our warranty shall be null and void if the equipment is not used for its intended purpose, mishandled and/or abused.
- All warranty will be null and void in the event of a repair or a modification being executed by any technical service without the written prior authorisation of Zest Manufacturing (Pty) Ltd.

Notice:

The information contained in this manual is subject to change without notice.

Zest Manufacturing (Pty) Ltd. shall not be liable for errors contained herein or for incidental or consequential damages in connection with furnishing performance, or use of this manual.

No part of this manual may be photocopied, reproduced or translated to another language without the prior written consent of Zest Manufacturing (Pty) Ltd.

Zest Manufacturing (Pty) Ltd trading as **Zest Fitness**

5 Celie Road
Retreat
7945
Cape Town

PO Box 236
Steenberg
7947
South Africa

T +27 (0)21 701 3203
F +27 (0)21 701 3225
www.zestfitness.com
info@zestfitness.com

CABLE SPECIFICATION FORM

Please supply the following information with your purchase order and fax to 021 701 3225
Cable can not be supplied unless all relevant information is received

Please note:

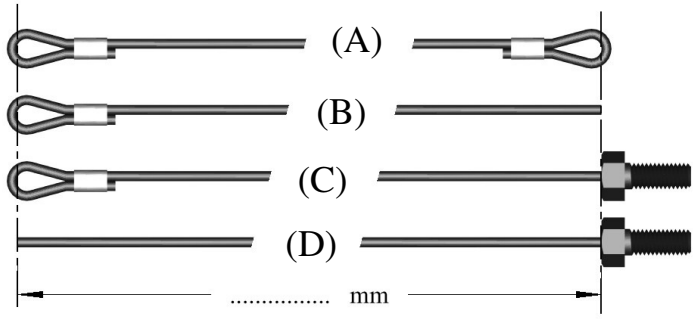
1. The physical length of the existing cable should be accurately measured as illustrated below.
2. There are 4 cable types (A), (B), (C) and (D) and should be clearly indicated.
3. The Model and serial / asset no. can be found on the plate on the base of the unit.
4. Any cable supplied by Zest as per given specification that is found to be incorrect on delivery will be at the cost to the client.

Complete the following details:

Company :_____ Order placed by : _____

Fax no. :_____ Tel. no. :_____

Cable type (A)(B)(C)(D)	**Quantity**	**Model No.** (ZP)	**Serial / Asset No.**	**Weight stack** (kg)	**Cable length** (mm)



Form completed by :

_____

Date: _____

Zest Manufacturing (Pty) Ltd trading as **Zest Fitness**

5 Celie Road
Retreat
7945
Cape Town

PO Box 236
Steenberg
7947
South Africa

T +27 (0)21 701 3203
F +27 (0)21 701 3225
www.zestfitness.com
info@zestfitness.com

UPHOLSTERY SPECIFICATION FORM

Please supply the following information with your purchase order and fax to 021 701 3225
Upholstery can not be supplied unless all relevant information is received

Since we strife to improve our hand build units, the position of the fixing holes may vary from unit to unit, for this reason all upholstery parts will be supplied without nut inserts. However the upholstered part will come with an easy to follow instruction, special designed nut inserts, M8 x 35 cap screws, washers and a Brad pointed 11 dia. drill bit.

Please note:

1. State a brief description of the part such as: Backrest, Seat, Arm support, etc.
2. The physical length and width of the existing part.
3. The Model and serial / asset no. can be found on the plate on the base of the unit.
4. Any upholstered part supplied by Zest as per given specification that is found to be incorrect on delivery will be at the cost to the client.

Complete the following details:

Customer :_____ Order placed by :_____

Fax no. :_____ Tel. no. :_____

Description	**Colour**	**Length** (mm)	**Width** (mm)	**Model No.** (ZP)	**Serial/Asset No.**

Customer signature: _____

Date: _____